

INTERMITTENT FASTING DOES IT WORK

Fit Tips 33-brought to you from my upcoming short book called
CARBS & CALORIES



MIKE MISURACA

JUL 13, 2026



Mike's Substack is a reader-supported publication. To receive new posts and support my work, consider becoming a free or paid subscriber.

✓ Subscribed

It depends on how you feel

I'm being serious when I say this, don't "starve" yourself if your going to binge eat later on. Fasting is a great way to discipline yourself and lose weight at the same time, but it's not essential in my opinion. Despite all the hype, if you want to deny yourself food for a certain amount of time do it; if you don't then don't force yourself to fast. It will only come back to hurt you. Yes, I fast intermittently most of the time.

1. Sleep helps

Most of my fasting is during the time I sleep. I usually fast for 16 hours, from 8 pm to 12 pm. It's true your digestive tract needs time to rest. Also, for a greater part of our existence we did not eat around the clock with many different options like we have today. When there was food people ate and feasted because there was no guarantee there would be a meal any time soon in the near future. Only after the invention of the grocery store do we have to worry about eating too many calories.

2. Mentally prepare

For most of us, myself included, when we begin to fast the first thing that bombards our mind is thoughts about all the foods we will not be able to eat. The great news is as time goes forward and fasting becomes a part of your routine this burden will go away. However, in the beginning my advice is to drink lots of water. When you drink a lot

of it not only does it fill your stomach up essentially tricking you it's full. But it also keeps you hydrated which is good for your digestive system that would usually pull hydration from the foods you deposit into it such as fruits and veggies.

Another good point is to make it a habit within your mind that the fast is temporary.

Unlike our ancestors who normally would have to go without food for possibly weeks on end, you do not. When the fast is over food is waiting for you. I also like to drink more of my favorite beverages during the fast, like coffee. I'm not talking about a high calorie milk shake frappuccino, but a regular black cup of coffee.

3. Focus on your goals

In the beginning your focus may be what your not "allowed" to eat at the moment. So, we have to somehow shift our thinking from lack to abundance. *The way to do that is to center our attention on what we want to achieve.* Using myself as an example, my goal is to have and maintain abdominal muscles that I can see and be proud of. Intermittent fasting accomplishes this by not over eating and consuming an a lot of uncounted calories through out the day.

4. Hunger pains

Your stomach may try to trick you into thinking your hungry and need to feed your gut. Don't listen to it. It's a creature of habit just like yourself. It expects to eat at a certain time because that's what you programmed it to feel. Remember, *it's just a feeling in one moment in time* and it to will pass. Distract yourself with a book, a movie, a bike ride, a run, something-but ride it out the best you can.

5. Can't stop that feeling

Feelings are emotions. And emotions are thoughts created by outward circumstances that we experience on a daily basis. There was a time

were I could not control myself. I hated discipline. Therefore, my feelings always got in the way of progress. You may not be able to stop the feeling to break your fast ahead of time but just know don't quit. Everyone fucks up. *Not everyone quits.*

6. Whatever you do don't quit

Who cares if you break the fast. Try again tomorrow or next week but never give up. I don't work out perfectly or diet thoroughly day-in and day-out. I'm not a fitness guru sitting here writing from some lofty mountain top. Even though that would be nice. I'm a regular guy who loves to write and exercise. I use to scoff at people who regularly fasted in the past during my body building days in the gym-they were too "lean." Looking back now, what a fool I had been. Today I'm lean with muscle mass and I feel better than I ever did taking all my supplements, protein shakes, and non-stop meal preps.

Don't get me wrong, depending on what your fitness goals are the above is necessary to gain size and muscle quickly. However, if you want to FEEL healthy and look great then I suggest to intermittent fast at least once a week. And remember, don't quit.

[Share Mike's Substack](#)